

ABSTRACT OF THE DISCLOSURE

In a movable guide for a transmission device, a slide rail extending in the direction of travel of a transmission chain, a pivotable rail support, and a plunger-contacting portion, are formed by sandwich molding a high-strength first polymer resin to form a core, and a second, wear-resistant polymer resin to form a skin layer entirely covering the core. The guide exhibits excellent mechanical strength and wear resistance, especially in its plunger-contacting portion, and is light in weight, inexpensive, and readily recycled.